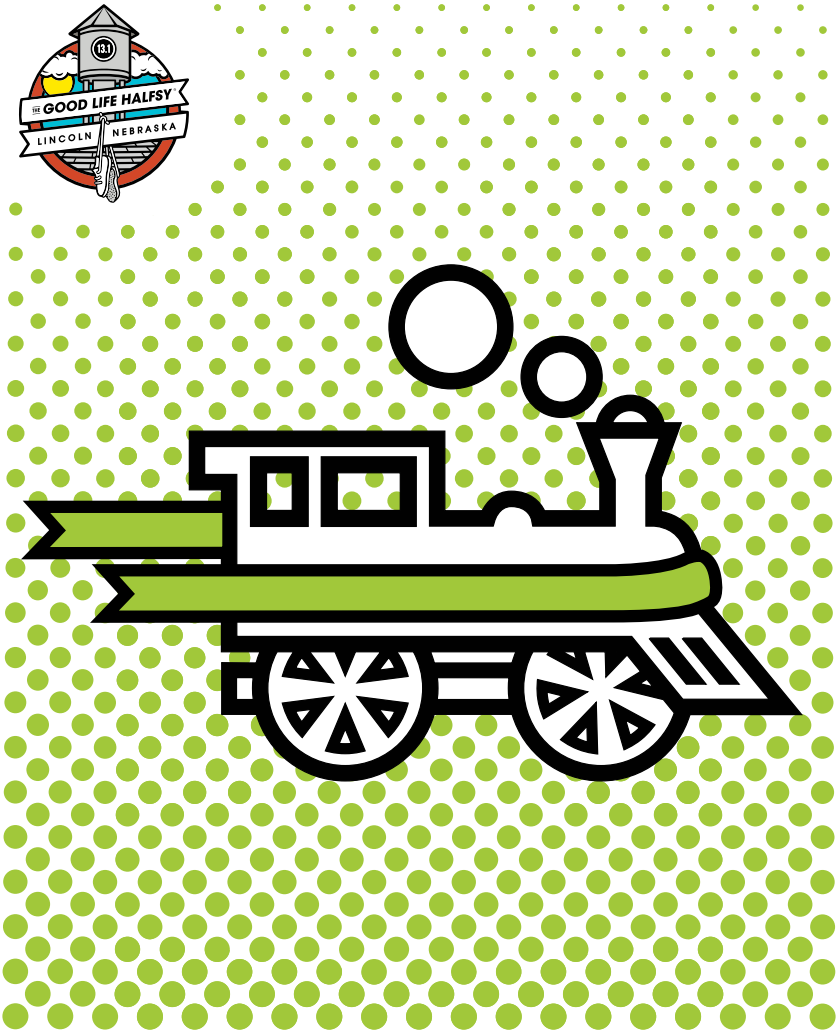
PRESENTED BY CERTIFIED PIEDMONTESE REAL NEBRASKA BEEF



2021 • LINCOLN, NEBRASKA

THE GOOD LIFE HALFSY

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Pink Gorilla Events

SCHEDULE OF EVENTS

SATURDAY, OCTOBER 23, 2021

PACKET PICKUP & RUN EXPO
Lancaster Event Center
4100 N 84th Street, Lincoln, NE
12:00 pm to 6:00 pm

HALFSY STORE
12:00 pm to 6:00 pm
Lancaster Event Center

SUNDAY, OCTOBER 24TH, 2021

RACE START
Seacrest Field, 7400 A Street, Lincoln, NE

7:00 am to 7:45 am	Race Bag Check
7:55 am	Wheelchair Athlete Start
8:00 am	Race Start

RACE FINISH
West Haymarket District

9:00 am to 1:00 pm	Athlete Recovery & Finish Festival
9:30 am to 1:00 pm	Participant Shuttle Bus Service
10:30 am	Award Ceremony – Open and Masters Division
11:00 am	Award Ceremony – Age Division and Wheelchair Division

WELCOME RUNNERS

FROM THE RACE DIRECTORS

Welcome! It's finally time for the 8th annual running of the Good Life Halfsy presented by Certified Piedmontese! We hope you are as excited as we are to celebrate race day with runners from Nebraska and around the nation!

Please read this guide carefully. We have a ton of fun in store for you! There are so many people and groups to thank who have helped to make this race possible. First, we'd like to thank the officials and citizens of Lincoln for hosting and supporting the Good Life Halfsy. Second, the race is greatly enhanced through our sponsors and partners who generously support the race and active lifestyles in our state and communities.

Last, but not least, a huge thank you goes out to the hundreds of volunteers who will bring the race to life this weekend. Many are volunteering in support of one of our charity partners, People's City Mission or Habitat for Humanity of Lincoln. Be sure to share the included Spectator Guide with family and friends. There are all kinds of Cheer Stations and entertainment stops that will make spectating nearly as fun as running.

Good luck and we'll see you at the finish line!

The Pink Gorilla Events Race Directors

Ben Cohoon

Linda Brown

Jason Bakewell

FROM THE CITY OF LINCOLN

The Good Life Halfsy quickly hit its stride and has become a treasured Lincoln tradition in just seven short years. Visiting runners' local economic impact totals $2 million, and our residents go the distance to show appreciation and support of all those competing. Runners, lace up and get ready to experience the tremendous hospitality and community spirit our capital city is known for – we are with you every step of the way!

Leirion Gaylor Baird
Lincoln Mayor

FROM CERTIFIED PIEDMONTESE

All your hard work and training has finally paid off, it is time to race! Whether it will be your first time running, or you have ran the Good Life Halfsy since the beginning,we are excited to see the continuous support for the Lincoln community along with us! Here at Certified Piedmontese we are so happy to be a part of the Lincoln community and provide Real Nebraska Beef, that is the healthier beef, to fuel your training and recovery. Good luck runners! We are cheering you on, and can't wait to see you at the finish line!

CERTIFIED PIEDMONTESE® BEEF

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SAVE THE DATE

The 9th Annual Good Life Halfsy is scheduled for Sunday November 6, 2022.

Registration opens early 2022. Stay tuned...

PRESENTED BY CERTIFIED PIEDMONTESE REAL NEBRASKA BEEF

MASK POLICIES

REQUIRED

- Packet Pickup & Run Expo, Indoor Spaces
- Shuttle Buses

HIGHLY RECOMMENDED

- Start Line Chute
- Finish Line Recovery Area
- After Party
- Waiting in Lines or Other Crowded Areas

Masks are not required while running or at the after party while eating or drinking.

Michelob ULTRA
SUPERIOR LIGHT BEER
2.6 CARBS
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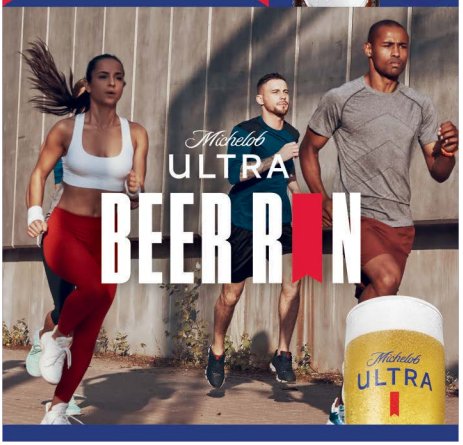

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PGEVENTS

STRAVA **PINK GORILLA EVENTS**

CHARITY PARTNERS

The Good Life Halfsy presented by Certified Piedmontese is proud to partner and bring awareness to a couple of Nebraska's finest charity groups. People's City Mission and Habitat for Humanity of Lincoln/Lancaster County do so much good in our community. We hope you join us in promoting them in their missions through donations and volunteerism. Both groups have supported Good Life Halfsy runners with hundreds of volunteers. Let's be sure to return the support!

Since 2008, Pink Gorilla Events is proud to have helped raise or donate over $700,000 for charity partners or community groups. Thousands more will be raised through the Halfsy this year. Thanks for being part of this tradition of giving locally.

Lincoln/Lancaster County Habitat for Humanity®

PEOPLE'S CITY MISSION | EST. 1907

To learn more or find the local Habitat serving your community, visit lincolnhabitat.org.

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WHERE 75% OF LINCOLN'S HOMELESS FIND FOOD, SHELTER & HUMAN KINDNESS.

Thank you to Pink Gorilla for making us a charity of choice since the very beginning of The Good Life Halfsy.

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RUN EXPO &

The Excel Chiropractic and Wellness Run Expo will be an intimate experience featuring a handful of select vendors in the Lancaster Event Center, Pavilion 1 on the east side of Lincoln. The official Halfsy Gear Store will be on hand with commemorative apparel, accessories and gear. Pick up your packet, visit with vendors and meet your pacer!

For safety, masks are required to be worn by all attendees.
Thank you for helping to keep the event and our community safe.

PARKING AT THE RUN EXPO
Lancaster Event Center is located off N 84th and Havelock. Parking is free and there will be signage to get you a great spot!

HOURS/LOCATION
Saturday, October 23rd, 2021 | 12:00 pm to 6:00 pm
Lancaster Event Center | 4100 N 84th St, Lincoln, NE 68507

PACKET PICKUP

PICKING UP YOUR OWN PACKET?
To pick up your own packet, you will simply need to know your name and bib number. We are not requiring photo ID or email confirmations.

CAN A FRIEND PICK UP MY PACKET FOR ME?
Yes! If someone needs to pick up your packet, they will simply need to know the name and bib number of the participant packets they are picking up. We are not requiring photo ID, email confirmations or proxy forms. Remember, runners can only run with their own bib. Please don't give a bib to someone that didn't register. These runners are considered bandits and are a major liability to us. Failure to comply will result in disqualification of all offending parties from the current race and a ban for the following year.

THE PACKET: RACE ENVELOPE, GEAR CHECK BAG, PARTICIPANT SHIRT
At Packet Pickup, you will receive a race envelope packet that contains your race bib (which also doubles as your timing chip), race bag sticker, and safety pins. You will also receive a complimentary Race Bag for checking gear at the start line. Inside the race envelope is a bag check sticker. Make sure you stick it on the lower right corner of your race bag for race morning.

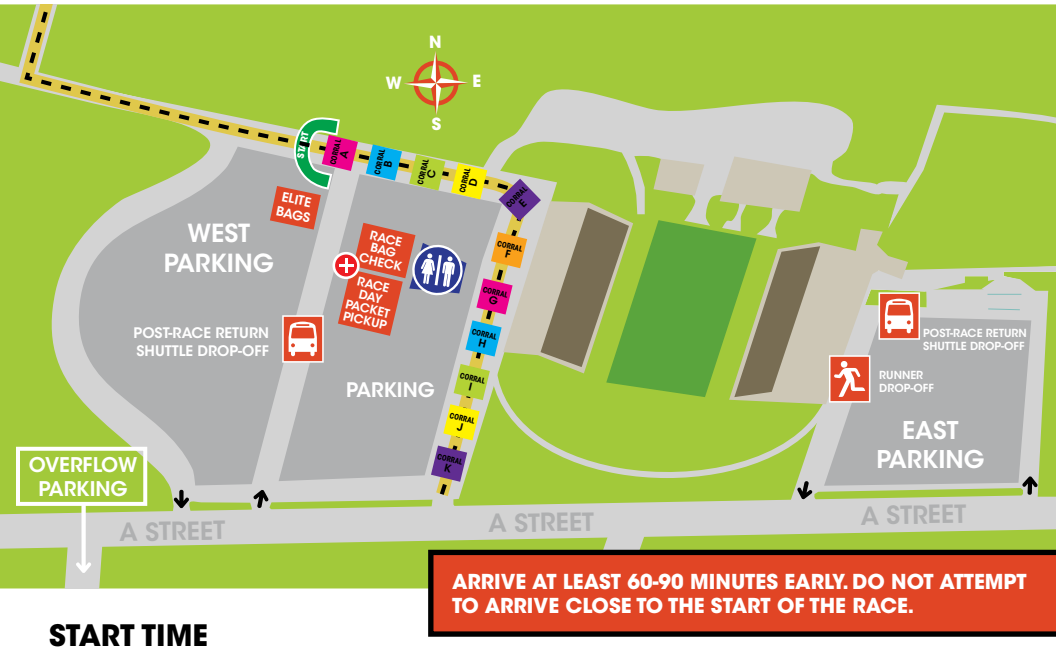
SHIRT EXCHANGE
Participant shirt exchange, if made available, will be available at packet pickup at the Run Expo and on race day at the finish line. After the race day, participant shirts can be exchanged upon request, but participants must cover the cost of shipping.

RACE BIB & TIMING CHIP INSTRUCTIONS
Your race bib will be picked up at the Run Expo and will also include safety pins and your timing chip on the back of the race bib. Do not fold or damage your race bib, this is your timing chip! Securely fasten the race bib on the FRONT and OUTSIDE of your clothing. It must be visible to race officials. Race bibs are non-transferable and may only be worn by the registered runner to whom it is assigned.

LEXUS OF LINCOLN PACE TEAMS & PACE BANDS
We've assembled quite possibly the most enthusiastic pace team possible thanks to Lexus of Lincoln! Ask pacers questions at the "Pace Team Booth" at the Run Expo and be sure to grab a Pace Band for your goal race pace. We will have pacers for the following times: 1:35, 1:40, 1:45, 1:50, 1:55, 2:00, 2:05, 2:10, 2:15, 2:20, 2:25, 2:30, 2:35, 2:40, 2:45 and 2:50.

THE START

SEACREST FIELD



ARRIVE AT LEAST 60-90 MINUTES EARLY. DO NOT ATTEMPT TO ARRIVE CLOSE TO THE START OF THE RACE.

START TIME

Wheel Chair Athletes: 7:55 am
Runners: 8:00 am

Masks are highly recommened in the start line chute. Carry your mask with you so you have it at the finish line.

ARRIVAL & PARKING

Start line area parking is plentiful but not unlimited. Arrive at least 1 hour early to avoid congestion. Seacrest parking ends at 7:30 am. Please arrive at Seacrest Field from the east or west via A Street and enter either the Seacrest Field east or west parking lots. Follow parking monitor instructions. Do not attempt to arrive via the 70th Street entrance as there will be a barricaded street closure for the race. *If you are being dropped off, please enter the east lot.* Parking is free! There is no shuttle bus service to the Start Line, only from the finish back to the start line after the race. Note: 70th Street will be closed between O Street and Teton Drive so be sure to arrive via A Street.

RESTROOMS

Portable restrooms will be available in the west stadium lot of Seacrest Field and, of course, along the running route.

RACE BAG CHECK

Race Bag Check will be located at the Seacrest Field west stadium lot. Participants may place their warm up clothes or dry finish line clothes in the race bag provided at packet pickup. Make sure your Race Bag is labeled with your race number by using the sticker provided in your race packet and make sure your bag is securely tied shut. Do not place valuables in your bag. If you need a car key at the finish line, carry it with you or loop it in your shoelace rather than putting it in your bag. Don't forget to make smart plans for your ID and credit card for finish line fun! The Good Life Halfsy cannot be responsible for lost items placed in your Race Bag. Please allow 20 minutes to drop off your bag. Race Bag Check closes at 7:45 am.

Your checked bag will be transported to the finish line area to be claimed using your race bib tag after the race.

LINING UP

We will begin lining up at 7:40 am. Enter the starting chute from the open gates at the sides or from the opening at the rear. Do not enter the starting chute from the front. Show your race bib to officials as you enter the chute. Line up according to your assigned starting corral and feel free to join a pace group according to your race goals!

RACE DAY PACKET PICKUP

We will have a basic race day packet pickup at the Start Line area for runners that must pickup their packet on race day. See start line map for packet pickup location. Be sure to arrive extra early and know your race number.

THE ROUTE

LINCOLN, NE

RACE SCHEDULE

MILE	FIRST RUNNER	LAST RUNNER
Start	8:00 AM	8:15 AM
MILE 1	8:05 AM	8:35 AM
MILE 2	8:10 AM	8:55 AM
MILE 3	8:15 AM	9:15 AM
MILE 4	8:20 AM	9:30 AM
MILE 5	8:25 AM	9:55 AM
MILE 6	8:30 AM	10:15 AM
MILE 7	8:35 AM	10:35 AM
MILE 8	8:40 AM	10:55 AM
MILE 9	8:45 AM	11:15 AM
MILE 10	8:50 AM	11:35 AM
MILE 11	8:55 AM	11:55 AM
MILE 12	9:00 AM	12:15 PM
MILE 13	9:05 AM	12:35 PM

THE FINISH & AFTER PARTY

WEST HAYMARKET

AFTER PARTY, HALFSY GEAR & AWARDS CEREMONY
After the race, swing by the Fat Brain Toys After Party in the Railyard to celebrate your accomplishment, cheer on other runners still crossing the finish line and enjoy beer, food, and music. At the Finish Festival you will have another opportunity to purchase official Good Life Halfsy gear from the Halfsy Store.

The awards ceremony will take place in the Railyard at 10:30 am for Open and Masters Divisions and 11:00 am for Age and Wheelchair Divisions. If you think you've placed in your division, be sure to stick around.

ATHLETE RECOVERY VILLAGE
Beyond the finish line, you will enter the Athlete Recovery Village on Canopy Street (race officials, volunteers and athletes only). Here you will receive your hard earned rewards. You'll be hooked up with fluids and snacks galore from Pepsi Cola of Lincoln, Klarbrunn, Gatorade, and of course, your race medal!

MEDICAL ASSISTANCE
Medical assistance is located outside the Athlete Recovery Village by the Lincoln Station. Medical attention can be received here from Midwest Medical Transport. Any emergency transport will be provided by Lincoln Fire & Rescue. See finish line map.

RACE BAG CLAIM
Race Bags checked at the Start Area will be transported to the Finish Area and can be claimed with the "Bag Claim" ticket on your race bib. Volunteers will be there to assist you in retrieving your bag. See finish line map for location.

FREE PHOTOS
Photographers and videographers will located along the course to capture the day including a photographer at the finish line. Photos will be posted to facebook.com/goodlifehalfsy and will also be emailed to participants following the race to download for free.

RESULTS
Results will be posted at goodlifehalfsy.com/results.

RETURN SHUTTLE
If you parked your vehicle at the start line, avoid a Fullsy and catch a ride on the free runner return shuttle bus. Buses will be leaving every 5 minutes approx. from 9:30 am until 1 pm. Shuttles depart one block from the finish line at the Amtrak Station (7th and Arena Drive). Masks are required for all shuttle bus riders.

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ON THE COURSE

COURSE AMENITIES

AID STATION	MILE	MEDICAL	WATER	GATORADE	ENERGY GEL	TOILETS	CUTOFF TIME (18:20 MINUTES/MILE PACE)
Aid Station 1	3.1	✚	💧	G		Y	9:31 AM
Aid Station 2	4.7	✚	💧	G		Y	10:01 AM
Aid Station 3	6.9	✚	💧	G		Y	10:41 AM
Aid Station 4	8.8	✚	💧	G	Y	Y	11:16 AM
Aid Station 5	10.7	✚	💧	G		Y	11:52 PM
Aid Station 6	12.1	✚	💧	G		Y	12:17 PM

COURSE TIME LIMIT

City permits limit the race time to a 4.0 hour time limit. The course will be closed at a 18:20 minute per mile pace, and the finish line will remain open until 12:30 p.m. (assuming last runners start at 8:30 a.m.). No race services, including medical, aid stations or traffic control are available beyond this pace. Athletes must cross the finish line by 12:30 p.m. in order to be considered official finishers.

TIME LIMIT CUTOFF POINTS

There will be a time limit cutoff point located at every water station. See the above chart for cutoff times and locations. If an athlete is not keeping up with the 18:20 minute per mile minimum pace, they will be notified by a race official at these cutoff points. If the athlete wishes to continue, they will be directed to the sidewalk, must obey all traffic and pedestrian laws, and will no longer be considered a race participant or official finisher. Alternatively, a SAG transport may be arranged for a ride to the finish line or a phone call can be made to a friend or family member to arrange for pickup.

COURSE SIGNAGE

Directionals x3

Mile Markers

Water Stations

Gatorade Station

RUNNER SAFETY

MEDICAL STATIONS & COURSE MEDICAL RESOURCES
Medical Aid Stations are located at all 6 Water Stations. A medical area will be located inside the Train Station, just beyond the Athlete Recovery Village. Lincoln Fire & Rescue will have an ambulance and bike medic units along the route and at the finish. A SAG vehicle will be on course that can transport runners to the nearest Medical Aid Station or finish line. Remember to complete the Emergency Contact Information requested on the back side of your race bib.

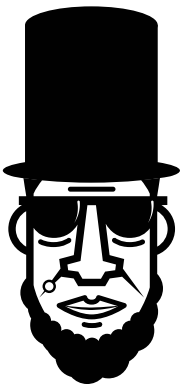
DROPPING OUT OF THE RACE
We want all runners to have an amazing running experience at the Halfsy, but we know that sometimes it's "just not your day." Listen to your body and do not continue running if you experience symptoms that are not familiar to you. If you are unable to continue or finish the race, ask the nearest race official for assistance or the location of the nearest Medical Aid Station. If you are feeling ill on race morning, do not start the race. There's always next year and your health is more important.

FRIENDS & FAMILY MEETING AREA
There will not be an official designated meeting area at the Finish Line Area. Be sure to let friends and family know your race bib # and choose a specific landmark or location to meet following the race. Pro tip: Have your friends or family bring any needed dry clothes, ID, phone or desired post-race items rather than using the Race Bag Check.

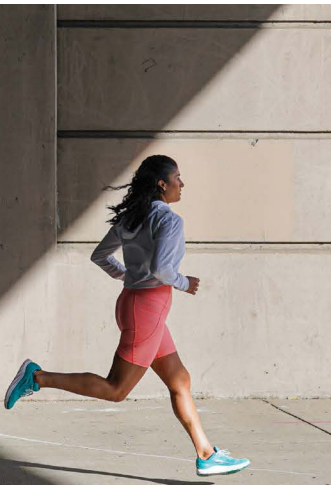
RACE DAY WEATHER CANCELLATION POLICY
The Good Life Halfsy will be held in most weather conditions. However, in the event of dangerous or life threatening conditions, there is always the chance the event may be canceled. Race organizers will work closely with Lincoln Police, Lincoln Fire and other city officials to make a decision based on the safety of runners, spectators and the community as a whole.

LOST & FOUND
Lost & Found on race day will be located at the Pink Gorilla Events Headquarters tent, just outside the race chute. After the race, make inquires at ask@pinkgorillaevents.com.

DON'T LOSE YOUR $#!%.



ALTRA RUNNING:
MAKE ROOM FOR A BETTER RUN



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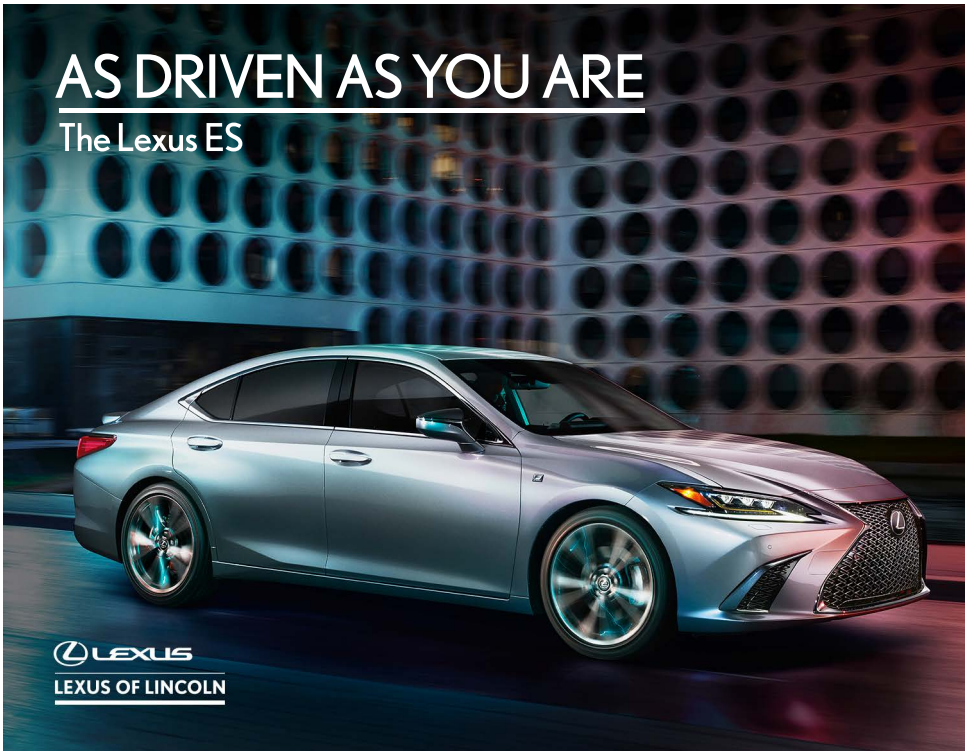

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"I was trying to train for the Good Life Halfsy and all I was getting was pain. Through the treatment plan at Excel Chiropractic, I was able to run the Halfsy without much pain before, during and after." – KATE B.

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HOURS
Mon-Thurs 7:00 am-7:00 pm
Friday 8:30 am-2:00 pm

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DIVISIONS & AWARDS

The award ceremony will take place after the race in the Railyard at 350 Canopy Street at 10:30 am for Open and Masters Divisions and 11:00 am for Age and Wheelchair Divisions. Join us!

OPEN DIVISION | MALE & FEMALE
1st Place, 2nd Place, 3rd Place

MASTER'S DIVISION | MALE & FEMALE
1st Place, 2nd Place

WHEELCHAIR DIVISION | MALE & FEMALE
Awards will be given to the top finisher by gender for each Push Rim Wheelchair Division class.

AGE DIVISION AWARDS
Age division awards will be given to the top three male and female finishers in each of the following age groups: 14 & under, 15 -19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 & over.

CHEER STATIONS

WHAT IS A CHEER STATION?

If you're not running the Good Life Halfsy, there's no better way to spend the day than cheering wildly with other like-minded fanatics? Together you can support your friends, family and total strangers in reaching their Halfsy goals. Crowd support is welcome throughout the course, but we have a few intentionally designed, extra-awesome Cheer Stations strategically located throughout the course. Shout out to the Lincoln Northeast High School Cheer team for making this year's cheer stations extra awesome. Each Cheer Station will have music and will be stocked with vuvuzelas, cowbells, signs, thundersticks, and other assorted goodies from race sponsors to help you maximize your cheering greatness!

Use the course map driving route as an overview guide to avoid street closures and "getting stuck". Then use the Cheer Station specific information detailed under each Cheer Station map and description to insure proper arrival and parking. Enjoy!

Cheer Station **Suggested Driving Route** **Runner's Route**

#1 ABE LINCOLN

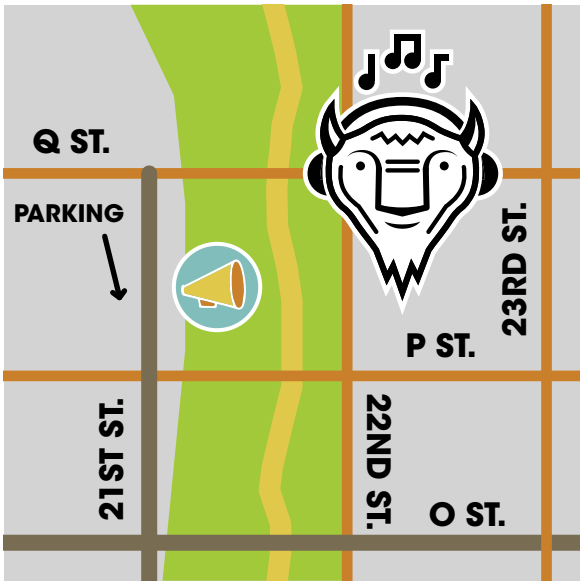
Neighbor's Park

Course mile 7.8
First runner: 8:38 am
Last runner: 10:40 am

This Cheer Station is a bit tricky to get to, but we promise it will be worth it! Arriving on 33rd Street from the north, turn right onto Mohawk Street. Park in the neighborhood in on-street parking and walk into Neighbor's Park. Snag a thunderstick and make some noise!

MORE CHEER STATIONS

#2 BISON



Union Plaza

Course mile 9.1
First runner: 8:45 am
Last runner: 11:07 am

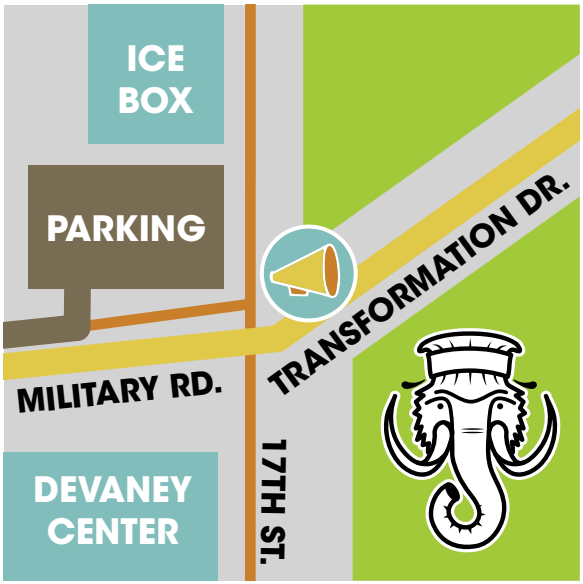
Quite possibly our signature Cheer Station, utilizing the Jayne Snyder Trails Center as a base. Arrive from O Street and turn north onto 21st Street. Parking is available on the street. QuickPro DJs will provide the party. You just have to show up! Be sure to pick up a vuvuzela and show us your skills!

Use the interactive course map to pinpoint all the course Cheer Stations and entertainment: https://goo.gl/3ve0RH

#3 Archie Mammoth

Innovation Campus
Course mile 10.8
First runner: 8:55 am
Last runner: 11:45 pm

This is one awesome Cheer Station that you wont want to miss. Arrive from Antelope Valley Parkway and turn east onto Transformation Drive/ Military Road. Parking is available in public lots. Bring your energy... We'll provide the party!



Track your athlete and get start line, 5K, 10 mile, and finish line splits at goodlifehalfsy.com/results.

MORE CHEER STATIONS

#4 MEADOWLARK

Haymarket Park
Course mile 12.5
First runner: 9:03 am
Last runner: 12:09 pm

This Cheer Station you won't want to miss. It has tons of parking,is located between the stadiums in Haymarket Park and is a short walk to the Finish Line! Be sure to arrive via Sun Valley Blvd turning into Haymarket Park. Pump your fists and wave your Cheer Signs, runners are less than a mile from the finish!

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